

Growing Healthy Families

MORRISVILLE DISTRICT OFFICE • Vermont Department of Health, WIC Program
63 Professional Drive, Morrisville, VT 05661 • 1-802-888-7447 or 1-888-253-8798

Understanding your baby's cues

4th Thursday of the month
September 24, October 22
3:00–4:00 p.m.
The Playroom in front of
Hannaford, Morrisville

Join other new parents like you to learn about newborn baby behavior. Understanding how babies sleep, why they cry, and what they need can help you feel more relaxed and confident. Responding quickly to your baby's cues helps her feel more safe and secure. Congratulations, and let WIC help you enjoy the wonders of being a new parent!

Call 888-7447 for details and to sign up.

All activities are FREE
of charge!

Preschool story time

Tuesday, November 10
10:30–11:10 a.m.
Morristown Centennial Library
7 Richmond Street, Morrisville

Join us for music, rhythm, movement, and crafts about healthy holiday meals for children ages 5 and under.

Please register by calling 888-3853.



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Interactive, up-to-date and reliable health information in your community. Enter to win a healthy family gift pack!

Baby party for pregnant women

Tuesday, September 15
4:00–5:30 p.m.
Vermont Department of Health
63 Professional Drive, Morrisville

Congratulations! Copley Hospital, Lactation and Birthing Solutions, and the Vermont Department of Health invite expecting women to celebrate and talk about making their family as safe and healthy as can be. Topics include: eating “for two,” smoking cessation, breastfeeding, healthy weight gain, car seat safety and more. Speak with specialists in birthing, lactation, nutrition and oral health. Resources and refreshments provided. Bring a friend or family member.

Please call 888-1357 to sign up.

Nutrition at the Baby Chats

1st Thursday of the month
10:00–11:30 a.m.
The Playroom in front of
Hannaford, Morrisville

September 3:
Healthy Weight

October 1:
Packable Snack and Meal Ideas

November 5:
Having Your Cake and Eating It Too

Baby Chat, sponsored by Building Bright Futures, occurs from 10:00–11:30 a.m. each month on the first Thursday at the Playroom in Morrisville, second Saturday at the Lamoille Family Center, and fourth Tuesday at the Church of the Nazarene in Johnson.

Call 888-7447 for more information.

Refer a friend to WIC!

Do you know a pregnant mom, baby, or young child receiving Medicaid or Dr. Dynasaur? If so, ask them to enroll in WIC by calling 888-7447. After they come to their first WIC appointment, stop by to pick up a free insulated tote!

FIT WIC FUN AND GAMES PAGE

Rhythm and movement come naturally to most children. When you combine some movement activities to music children have a chance to feel good about moving their bodies.

Kids love to wave things in the air. Your kids can have fun with a wavy wand that they make from items you have around the house. Here's an activity you can do with your child.

Wavy Wands

Equipment: CD of active children's music and CD player. One wavy wand for each child and adult.

To make a wavy wand: securely tie several 4 foot lengths of multi-colored ribbon to wooden cooking spoons, one foot rulers, paint stirrers or paper towel tubes.

Procedure: Before moving their wands in a pattern to music, let your child experiment with just moving them for a few minutes. Slowly teach the movements below without music. Give them plenty of time to practice! Next, have your child try moving their wands to music with you guiding them in the movements. *The Wheels on the Bus*, *She'll be Comin' Round the Mountain*, or *The Ants Go Marching* make good tunes to do this kind of activity to.

- wipers
- fishing
- snakes
- circles
- zigzag down
- flags
- floor sweeps

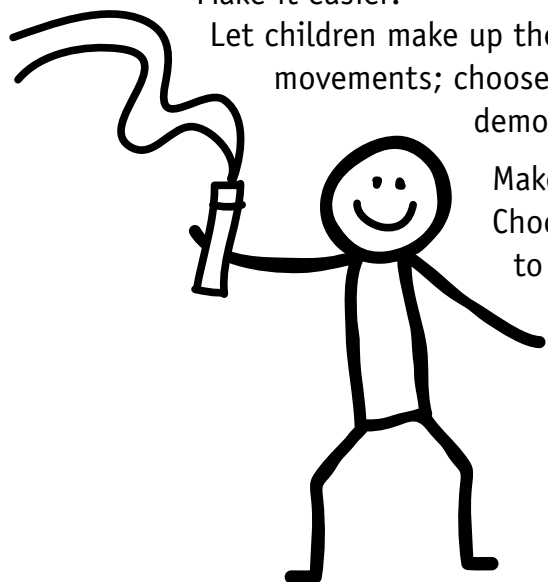
Adjusting to your child's skill level:

Make it easier:

Let children make up their own sequences of movements; choose shorter songs and demonstrate fewer movements

Make it harder:

Choose longer songs and try to do a series of movements over and over



circles



zig zags



figure 8's



waves

